

THE NAVAJO NATION



JONATHAN NEZ | **PRESIDENT** MYRON LIZER | **VICE PRESIDENT**

August 8, 2022

Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 90 —Safety Precautions

WINDOW ROCK, AZ – The Navajo Health Command Operations Center is issuing uncontrolled spread of COVID-19 advisory for the following communities. The cases reflect dates July 22 – August 4, 2022. The advisory will be in effect until the risk and cases decline.

The following communities are identified as having uncontrolled spread of COVID-19:

Aneth	Fort Defiance	Lukachukai	Red Rock	Teec Nos Pos
Baca/Prewitt	Ganado	Lupton	Red Valley	Teesto
Becenti	Greasewood	Many Farms	Rock Point	Thoreau
Bird Springs	Hogback	Mariano Lake	Rock Springs	Tohatchi
Bread Springs	Houck	Mexican Springs	Rough Rock	Tonalea
Cameron	Indian Wells	Nageezi	Round Rock	Tsaile/Wheatfields
Casamero Lake	Iyanbito	Nahatadziil	Sanostee	Tsayatoh
Chichiltah	Jeddito	Naschitti	Sheepsprings	Tselani/Cottonwood
Chinle	Kaibeto	Nazlini	Shiprock	Tuba City
Churchrock	Kayenta	Nenahnezad	Shonto	Twin Lakes
Coalmine Mesa	Lake Valley	Newcomb	Smith Lake	Two Grey Hills
Coyote Canyon	Leupp	Pinon	St. Michaels	Upper Fruitland
Crownpoint	Littlewater	Ramah	Standing Rock	Whippoorwill
Dilkon	Low Mountain	Red Lake	Tachee/Blue Gap	

All residents should take precautions to protect their health from the spread of COVID-19. Individuals with the following conditions are at higher risk of being affected from COVID-19.

People at Increased Risk for Severe Illness	Might be at Increased Risk for Severe Illness
<ul style="list-style-type: none">• Older Adults• Cancer• Chronic kidney disease• Chronic obstructive pulmonary disease• Heart conditions• Immunocompromised state• Obesity and severe obesity• Pregnancy• Sickle cell disease• Smoking• Type 2 diabetes mellitus	<ul style="list-style-type: none">• Asthma• Cerebrovascular disease• Cystic fibrosis• Hypertension or high blood pressure• Immunocompromised state• Neurologic conditions, such as dementia• Liver disease• Overweight• Pulmonary fibrosis• Thalassemia• Type 1 diabetes mellitus

All residents should practice health and safety measures:

- Get vaccinated.

- Wear a mask in the public.
- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect frequently touched surfaces daily.
- Avoid touching your face, nose, and eyes with unwashed hands.
- Clean and disinfect your vehicle, home, workspace and other common areas on a regular basis.
- Social distance - keep 6 feet between yourself and others.
- Limit gatherings with individuals outside your immediate household.

For more information, including helpful prevention tips, and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19 website: <http://www.ndoh.navajonnsn.gov/COVID-19> . For COVID-19 related questions and information, call (928) 871-7014.